Try the rituals

Days 1–10 of 30

Check off each day you try together. Adapt any action to suit you.

- [ ] **01** Offer a twenty-second hug if you both want one.
- [ ] **02** Pause for a goodbye kiss before picking up your keys.
- [ ] **03** Put both phones away for one meal together.
- [ ] **04** Set aside ten minutes. What felt good this week? What did you miss?
- [ ] **05** Ask two questions about something that went well for your partner.
- [ ] **06** During a hard talk, ask if your partner would like to hold hands.
- [ ] **07** Thank your partner for one small thing and say why it mattered.
- [ ] **08** Try one playful activity that feels new to both of you.
- [ ] **09** Choose a hello that makes both of you smile.
- [ ] **10** Before bed, trade the best moments of your days.

Make them yours

Days 11–20 of 30

Check off each day you try together. Adapt any action to suit you.

- [ ] **11** Ask how your partner wants to be greeted after a tiring day.
- [ ] **12** Choose a goodbye gesture that works even on a rushed morning.
- [ ] **13** At dinner, finish the story you lost track of last time.
- [ ] **14** Bring two cups to your check-in. Ask what would help next week.
- [ ] **15** Celebrate a tiny win. Ask who heard the news first.
- [ ] **16** Agree on a phrase you can use when you need a pause.
- [ ] **17** Name a household job you noticed but rarely mention.
- [ ] **18** Let your partner pick a song. Invent a dance step together.
- [ ] **19** Try your shared hello again and change the awkward part.
- [ ] **20** Ask which moment from today your partner would like to replay.

Keep the ones you love

Days 21–30 of 30

Check off each day you try together. Adapt any action to suit you.

- [ ] **21** Repeat the welcome you both liked most.
- [ ] **22** Leave time for an unhurried goodbye today.
- [ ] **23** Choose a spot for both phones before your next meal.
- [ ] **24** Use your check-in to ask which ritual feels easiest to keep.
- [ ] **25** Revisit good news from last week and ask what happened next.
- [ ] **26** Ask what support would help with one difficult conversation.
- [ ] **27** Tell your partner about a time their kindness stayed with you.
- [ ] **28** Return to the activity that made you both laugh.
- [ ] **29** Choose one ritual to keep on busy days. Try it today.
- [ ] **30** Tell each other which moment from these thirty days you remember.